

**Highland  
One Stop Shop  
April Newsletter  
Issue 70**

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***New moon: 5th: First Quarter: 12th: Full moon (Planters Moon) : 19th Last Quarter: 26th:  
A warm welcome to all who are reading this newsletter.***

### **HOSS Update – March 2019**

We are very pleased, and relieved, to let you know that our Highland One Stop Shop will remain open post April 19.

Sadly, we have been unable to secure any public funding for the service and therefore have a significant shortfall.

However, we are committed to our One Stop Shops and we will continue to review our financial situation as the year progresses. The funding of our One Stop Shops continues to be our fundraising priority and we will, therefore, continue to apply for grants and undertake fundraising activities – your help to fundraise would be much appreciated.

Feedback from our recent stakeholder survey tells us that having a base for the One Stop Shop is a key component of the success of the model. We will, therefore, continue to provide services from Friars Street. I want to take this opportunity to thank you all, so much, for your continued support and I hope to meet as many stakeholders as possible over the coming months.

Kindest regards, Cathy Steedman, National Director

### **HOSS Sports and Fitness Group @ The Aquadome**

Our Sports and Fitness group now meets every Monday  
Meeting on Monday 1st and 15th between 10:15-1pm and  
Monday 8th and 22nd April between 12:45-3pm.

This group is for any ability, whether you want to go to the Gym,  
or for a swim, try a class, meet for a coffee or a mix of any of these.

You can come along at any time that suits you.

If you have any queries, or want to know more you can get in touch with Gill, either by email or phone.

### **Contact details for our Outlying Areas:**

**Skye - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)**

**Drop-in Session: Monday, 15th: at YMCA, Portree 2.30—4.30pm**

**Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)**

**Drop-in Session: Thursday, 18th: at Caol Community Centre Fort William 2—4pm**

**Caithness - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)**

**Drop-in Session: Monday, 22nd/29th at Stepping Stones, Thurso 5.30—7.30pm**

**Badenoch & Strathspey- Please contact: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)**

**Ullapool - Please contact: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)**

Please contact a member of staff if you would like a 1-1 appointment.

## Pre-Diagnosis Support

Due to low attendance we have decided to stop the Pre-diagnosis Drop-in sessions that are currently held here every other Monday.

You will still be able to contact us for support and to make an appointment to come in for a 1-1 appointment with staff if you are on the waiting list or are looking for information because you think you might be on the Autism Spectrum.

It is also possible to arrange a Pre-diagnosis 1-1 appointment in Aviemore if you are unable to travel into Inverness for an appointment but would like to know about our service and how we can support you as you wait for your assessment, or to give you the information you need to get you referred to the NHS Highland Adult Autism Diagnostic Service.

If you would like to make an appointment for a 1-1 appointment please contact:

[jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)

or phone Jeni on: 07741264812

### Pool Group

This month we will be going to play Pool on Tuesday 2nd, 16th and 30th at "The 147 Club" in Union Street and on Friday 12th and Friday 26th we will be going to " SoBar " in Castle Street.

If you would like to join us, please meet at 12:20 at Friars Street.

The only costs are £2 per person and for any refreshments you might like while we are there.

Please speak to Jeni if you would like any further information about this group or if you would like to attend.

### Lunch Club

The Lunch Club's will be meeting on Tuesday 9th at "The Auctioneers" and on Tuesday 23rd at "The Caledonian" meeting at 12:30.

If you would like to join us please speak to Jeni. You can buy a drink and something to eat for between £10-£15.

### Gourmet Group

This month we will be going to "Waterfront Bar/ Restaurant" for our Gourmet Group Lunch on Friday 19th April. We will be leaving Friars Street at 12:20 and meeting there at 12:25.

Please let Jeni know if you would like to attend the Gourmet group lunch as we do have to book the table in advance.

There is a varied selection of food and drink to chose from and you can buy a drink and something to eat for between £15 - £20.

## HOSS Cinema Club @ Eden Court

This month we will be going to Eden Court on Friday, 12th April to see Captain Marvel, meeting in the foyer at 1.45pm, film starts prompt at 2pm.

We will also be going to see Dumbo on Monday, 29th April meeting in the foyer at 12.15pm, film starts prompt at 12.30pm.

Cost is £5 for each film. If you would like to join us, you can let Gill know or just come along on the day.

Or if you would like to know any more about the Cinema Group please contact Gill.

## Inverness College Spectrum Support Group

This group meets each week during term time on a Thursday between 12-1pm and can be accessed by all Autistic students attending Inverness College.

The group will be meeting in room 108 each week.

If you would like any further information in regards to the College Group please speak to Andrew.

You can email him on: [Andrew.denovan@aiscotland.org.uk](mailto:Andrew.denovan@aiscotland.org.uk)

### Staff Contact Details

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**Coffee & Cake Club-Friday weekly**

**Coffee Club @ Velocity Café— Alternate Thursdays**

**Gourmet Group— 3rd Friday Monthly**

**Lunch Club—Alternate Tuesdays and Fridays**

**Pool Group— Alternate Tuesdays and Fridays**

**World Autism Awareness Week**

**and**

**The Highland One Stop Shop's**

**6th Anniversary Party.**

**We will be holding our usual party to celebrate**

**World Autism Awareness Week**

**as well as our 6th anniversary**

**and all of our service users are warmly invited to join us.**

**If you would like to join us but need support from a friend or carer to come along then please bring them with you.**

**We will be holding our party on Friday 5th April between 1-4pm, providing our usual buffet with hot and cold drinks.**

**We will of course provide a small selection of vegetarian and vegan food for those of our service users who require vegetarian or vegan food.**

**We will also have our regular DJ Malcolm playing all our favourite tunes for all to enjoy.**

**We look forward to seeing everyone there.**

**[www.highlandoss.org.uk](http://www.highlandoss.org.uk)**

**Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.**